

West Ridge Breeze

April 2012

From Richard's Desk

All of us at West Ridge have been excited that Spring came early this year. With the changes in the weather, we look forward to the opportunity to get outside more often. This is always a great time to look over your loved one's clothing to make sure that those spring and summer clothes are marked and in good condition. Keep in mind that you may want to leave a few sweaters as the weather can change a lot this time of year and even air conditioning can be cool for the elderly. When you do bring in new clothing items or other belongings, it is very important to add and subtract from the inventory

sheets available at the nurses' stations. We have noticed that some elders' inventory sheets have not been completed. A great deal of clothing has not been marked with the elders' names. All unmarked items end up in our lost and found, which you can investigate at any time.

We would also like to remind elders and family members that it is important that you make your rooms as homey as possible. Please, however, do not bring in any expensive items, jewelry, or family heirlooms. We try our best to respect everyone's personal belongings,

but at times accidents happen or things can come up missing. This only leads to hard feelings for all of us. Although we cannot be liable for loss or damage to elders, staff, or visitors' property, when things do come up missing, we take it very personally. I do have a safe in my office, so if you do feel the need to have items of value, bring them to me and we will lock them up. I am always glad to provide this service and I or Donna Staton can get the items from the safe when you need them.

Richard



Suggestions From Sarah

Thank you for completing the Eden Alternative Warmth survey. The Eden Alternative encourages us to think of West Ridge as a garden, a human habitat where life revolves around contact with plants, animals and

children. A place where we are able to grow in the soil of our lives, together, by nurturing both the human body and spirit. It is important on the Eden journey to know the "temperature of the

soil". Warming the soil throughout an organization is not a onetime effort at the beginning of the journey. The surveys you completed act as a guide, your answers, a thermometer that gauges

(continued on page 3)

Nursing Notes

PROTECT YOUR LOVED ONES FROM PERTUSSIS

Pertussis or whooping cough is a very serious disease, especially in infants, those with a weakened immune system, and the elderly. It is an old disease and has been around for a long time. Due to vaccination, it had pretty much died out, but has made a recent comeback. It has also become more common in adults and is often misdiagnosed.

Vaccination against whooping cough is now available at West Ridge. The nurses will vaccinate anyone who wishes it for their elder or for themselves. We

will request an order from the physician for the elder. Employees may also obtain vaccination. The cost of the one-time injection is \$50.00 for anyone who receives it. Due to not having a large storage area, we will keep a small amount on hand, and may need you to schedule the injection if we run out. Payment for the injection is due at the time of administration. Medicare will not pay for this vaccination. You may submit the cost of the vaccination to your insurance, but West Ridge will not be able to do so for you.

The vaccination for pertussis is called the

Tdap vaccine. This vaccine protects the individual from tetanus, diphtheria, and pertussis. It is recommended for anyone over 11 years of age. Some of us had the injection in our infancy or youth. It is recommended by the CDC that it be given again.

This program is being sponsored by the Linn County Public Health Department. Please let me know if you have any questions and I will attempt to answer them.

Donna



Spring makes its own statement, so loud and clear that the gardener seems to be only one of the instruments, not the composer.

~Geoffrey B. Charlesworth

Attention Families:

With the temperatures rising and the nicer weather coming, many of you will be bringing in spring and summer clothes for your loved one and taking some winter items home.

Please make sure to mark all items of

clothing when you bring them in. It is our only way of knowing to whom each item belongs.

The Lost and Found Cart has been filling up again. Please be sure to check the Lost and

Found cart regularly if your loved one is missing any items of clothing. Thank you for your attention to this matter!

Here is an answer to an age old question, "Which came first, the chicken or the egg?" The answer is... Neither! History tells us that actually geese and ducks came first... 6000 years in China before chickens which came 4000 years later in India.

Food For Thought

Extreme Diets & Weight Loss

Have you ever wanted to drop a quick 10-15# for that upcoming wedding or class reunion? If so, use caution. According to research and some celebrity opinion, you can get fast results but weight that is later regained may not come back as it was prior to the rapid loss.

According to an interview done with Mila Kunis in Harper's Bazaar, (the celebrity who was a ballerina in the movie *Black Swan*) she lost 20 pounds in a few short weeks for her role in the movie. But she claims that the rapid weight gain after the movie was finished resulted in weight gain in different and wrong places. The weight that was lost from her chest

returned to her side, hip and stomach.

Health professionals say that redistribution of weight isn't uncommon after drastic weight loss and later weight gain. With extreme weight loss in a short period of time, you often lose muscle tissue but when you regain the weight, it often comes back as fat. The fat then tends to show up wherever you are genetically predisposed to get it. As you know, two people can weigh the same amount but their bodies look entirely different. Some people store fat in the stomach, while others store it in their thighs or buttocks. This may be a matter of diet, exercise and/or genetics. Fast weight loss usually will affect your metabolism by slowing

it down so your body will burn the calories it gets more efficiently. But when you go back to eating normally again, the metabolism is still lower therefore you gain weight more easily and the weight will most likely be fat rather than muscle unless you exercise and don't overeat.

If you are trying to lose weight, have a goal of 1-2# per week. This goal gives your body the chance to adjust to the weight loss and try to minimize the loss of muscle. Usually a reduction of 500 calories per day or an equivalent increase in exercise to burn 500 calories will result in a 1-2# weight loss. This may be as simple for some people as cutting out the 2 bottles of pop per day that they drink;

skipping that bedtime hot fudge sundae; or starting an exercise program and being active for 30 minutes to an hour per day. Slow controlled weight loss is easier to maintain long term. The new behaviors that you make with diet and/or exercise changes will also be easier for you to adjust to and maintain without feeling deprived or restricted. Opt for a balanced diet with no foods eliminated but all in moderation.

Charlene

References: Article by Diane Maples in Health Today Website 3/7/12



Suggestions From Sarah— continued

what the soil needs to allow us to grow and thrive.

Peoples hearts must continue to be opened and that is possible when optimism, trust and generosity (characteristics of a warm organization) are high. If there are high levels

of pessimism, cynicism and stinginess (characteristics of a cold organization) then there is some work to be done

Next month I will share the results of the surveys. I am looking forward to learning together as the Eden Al-

ternative challenges us to break out of old patterns of thinking and behaving, as we begin to believe that "it can be different".

Sarah



Happy Birthday to You

The following people have birthdays in the month of April. Be sure to wish them a "Happy Birthday" when you see them!

Elders

Irene Earsa on 4/2

Ed Flynt on 4/19

Staff

Brittney Pasker on 4/3

Afton Newman on 4/6

Choyce Jackson on 4/8

Cassy McSpadden on 4/21

Becky Pickart on 4/28

*Happy Birthday to You
Happy Birthday to You
Happy Birthday to All of You
Happy Birthday to You!!*



Let's Welcome Them

We would like to welcome the following Elders and Care Partners to the West Ridge family. We hope they find West Ridge to be a special place to live and work.

Elders

Betty Bellon

Pauline Bielow

Kendall DeWitt

Waunita Emken

Sadie Feye

Marie Hess

Donald Kadlec

Raymond Lefebure

Dorothy Marsh

Leo Morrissey

Larry Priske

Ransom Randall

Betty Scott

Staff

Larry Myers

Michelle West



It's spring fever. That is what the name of it is. And when you've got it, you want - oh, you don't quite know what it is you *do* want, but it just fairly makes your heart ache, you want it so!
~Mark Twain

In Sympathy

We would like to express our deepest sympathies to the family of Harold Rammelsburg. He will truly be missed

by his friends and the care partners at West Ridge.



Happy Anniversary

Thank you to all the staff who have anniversary dates in the month of April for all your hard work and dedication to West Ridge.

Nine Years

Paula McQuown

Eight Years

Cathy Powers

Three Years

Brandy Hansen

One Year

Val Ahlouche

Kathy Palzkill

Jamia Peoples



Picture Page



Dolores got some beautiful roses for her birthday



Celebrating putting our running shoe symbol on our Eden tree. We used a running shoe to show we are "Off and running". Pictured are: Julie, Sally, Kellie, Margaret, Katie, Mardene, Marguerite, and Virginia



▲ Marian gets a visit from Fred the Leprechaun

Right: Mary keeps Pauline in the shade before the parade so her hair doesn't "fade".

Far Right: Kellie holds onto Mardene and Mardene hold onto her hat so they don't blow away.



Below Left: Sally and Emily are wearin' the green. **Below right:** Keistin and Tyler are ready to roll through the parade with their chauffeur, Caitlyn

▼ John and Lois are geared up and ready to go for the parade



Chuck's Corner

Spring time brings us yard work to do, window washing and repairs outside brought about by winter.

We are getting bids for concrete/masonry work on our front entrance pillars under the canopy and planter area. Inside, more furniture will be arriving soon. Richard has been busy getting bids on more

replacement furniture as I write this. April also brings severe weather awareness. We will be having drills and in-services especially for the tornado season which begins this month. Our "Emergency Disaster Plan" manual has been reviewed and is available at either Nurse's stations if you are interested in reading

through it. It covers a multitude of situations that we must always be prepared for. We take safety very seriously, and want everyone to feel safe at West Ridge. As always, if any questions, feel free to contact us in Environmental Services.

Chuck



Critter Corner

As a volunteer and former employee, I have been proud to be part of the West Ridge family since 1998. Every day the caring staff at West Ridge provide the gold standard of care for all the elders.

Not all the West Ridge residents are human. Some have feathers, fins or fur.

The pets enhance the lives of the elders everyday. These pets also require a lot of care. Members of the Pet Committee make sure cages are cleaned and food and water are provided. The committee members keep the Courtyard free of pet waste so the elders can enjoy a safe and

healthy outdoor area.

With the exception of Stanley Riha and myself, all committee members are on staff at West Ridge. Their first priority is caring for the elders. The care they provide for the pets is in addition to the care they provide for the elders. Sometimes this care is on their own time.

The committee is asking anyone who has time to check food and water levels to please do so. If you have time to help clean a cage, please see a committee member for instructions and to get cleaning supplies. We appreciate any help!

Some staff already help

the committee in caring for the pets. Thank you to Kathy McClees, Peggy Burnett and Crystal Anthes for your help.

If you would like to become an active member of the committee, please join us the first Thursday of the month at 2pm.

"As long as a man has a dog, he has a friend. And the poorer he gets, the better the friend he has." -Will Rodgers

Kathy Hughes



April is a
promise that
May is
bound to
keep.
~Hal
Borland

Activities and Recreation

Spring is here, you can hear the birds' song in the air, the flowers are blooming and Easter is right around the corner. This is the time to appreciate the beauty around you, to appreciate all of God's gifts, both in nature and the in the relationships he has offered to you. Take the time to tell your loved ones how much you appreciate and love them. Trust me, you can never say it too much! There is nothing that sounds sweeter than when one of my children tell me they love me.

I would like to take this time to express my appreciation for all the staff and volunteers that helped with the St. Patrick's Day parade and with the Easter

Egg Hunt. Both are major undertakings and I couldn't have done it without a lot of help. Thank you to the elders (Jeannette, John, Lois, Mardene, Marian, Pauline & Sally) who endured a long but very fun day for the parade. Thanks also to all the staff who helped including Betty, Emily Katie, Kellie, Mary, Mike, Stephanie. Thanks also to the staff at West Ridge who helped everyone get ready in the morning and greeted us when we returned in the afternoon. Thank you to Barb and Curt and all of the children who helped make our entry representative of our Eden journey.

At the time I am writing this, the Easter Egg Hunt has not taken

place but I still want to thank all the people that I know will have helped with this event!

I also want to take this opportunity to thank some of the volunteers that help make West Ridge the great place that it is. Kathy Hughes and Jan Nolting help make Bingo fun and one of the most popular activities we have.

Thank you ladies!

Thank you to all the family members and friends who are always willing to lend a hand at the activities they come to including Barb, Don, Erma, Jean, Norma, and Ruth. If I have left anyone out of this list, please know that it was not intentional. We appreciate everything you do!

Volunteers, invitations to the Volunteer Tea will be coming soon! It is Friday, April 20th at 2:30pm. Please join us for an afternoon to honor YOU!

Thank you also to the elders who have agreed to join the "Exploratory Commission" for all their insight and knowledge.

Below is a poem written by Art Stucke. I think it serves as a good reminder to make the best of each day we have.

Happy Spring everyone!

Julie



It's Up to You

It's Up to You

From Art Stucke,
McCandless Veterans Home, Florence, CO

Have you made someone happy, or made someone sad?
What have you done with the day that you had?
God gave it to you to do just as you would
Did you do what was wicked, or do what was good?
Did you hand out a smile or just give 'em a frown?

Did you lift someone up--or push someone down?

Did you lighten some load, or some progress impede?

Did you look for a rose, or just gather a weed?
What did you do with your beautiful day,
God gave it to you, did you throw it away?

